

Digestive Health Questionnaire



**Are Your Emotions Eating You?
Stop Negative Energy From Sabotaging Your
Digestive Health**



Thank You!

Thank you for subscribing to the Healing Place with Certified Reflexologist and Certified Energy Medicine Practitioner Helen Chin Lui's Facebook Live Chat, **"Are Your Emotions Eating You? Stop Negative Energy From Sabotaging Your Digestive"** on November 7, 2016, 8PM EST.

As a holistic practitioner since 2006, I have helped thousands of people of all ages to find relief from various digestive problems such as Crohn's Disease, IBS, constipation, etc.

To heal, I believe we must heal the body, mind, and spirit. On the physical level, we can explain that our digestive problems are hereditary, but many do not understand the energy and spiritual levels of healing. By developing this short questionnaire, my hope is to help you to recognize some of your patterns and take baby steps to help you make small changes so that you can heal your digestive problems.

These questions are based on my observations of more than 13,000 energy healing sessions and are NOT medically based. If you have any questions about your health care, please talk to your doctor.

How you can become a better you!

Only you can make the decision to change your lifestyle. Changes take courage, time, and commitment. Changes cannot be made overnight, nor do they have to be drastic. Start with baby steps! But you **MUST** be committed to make changes. If you find yourself falling short of your targets, **DON'T** despair! Start again. Positive changes will encourage you to succeed! **BUT** if you didn't stay on track for a day, a week or month you can **PICK** up where you left off.

Only you know what is right for you but if you are constantly sabotaging yourself by coming up with excuses why you can't, or won't. You must stop this self-defeating dialog!

Yes, changes are a pain-in-the- butt, but you have to start somewhere.

Energy Personality

People with digestive problems have similar energy personalities and lifestyle traits.

Some Common characteristics are:

- Helping others before addressing their needs
- Having an unhealthy diet (eats the wrong food and usually eats on the run.)
- Unbalanced lifestyle - overextends by not being able to say “no” to requests, poor food choices, lack of movement, unhealthy habits, procrastinates)
- Stresses worries and overschedules

Let’s start...

Do you have a rescuer’s personality?

1. Are you the person that your family and friends call when they have a problem?
2. Do you worry about how you are going to fix their problems?
3. Does worrying prevent you from sleeping?
4. Do your family and friends leave you exhausted while they feel better after they have spoken with you?

If you answered yes to 3 questions, then you probably need to evaluate why you are a rescuer.

Action Step: Boundaries – What are they? Can you think before reacting?

- Why do you need to fix the problem?
- Can you say “no”?
- Can you say “not now”?
- Can you say “Let me look at it and get back to you?”
- Can you say “I don’t feel comfortable about that.”
- Can you say “I’m sorry to hear about your problem. What are you doing to do about that?” (This is a great line to use when someone ask you to take care of their problem.)

What change can you make now?



Diet

How do we eat? Note how do you feel after you eat.

1. What kind of eater are you? Emotional, bored, on the run, cravings?
2. What are my stress triggers to cause me to eat?
3. Do you know what a balanced diet is?
4. Do you sabotage your diet?
5. Do you crave sugar, carbohydrates, dairy, or meat protein?
6. Do you often feel sluggish or groggy?
7. Do you lack energy?
8. Do you have problems sleeping?
9. Do you eat alone and in front of the TV?
10. Are you addicted to fast foods?

If you answered yes to at least 5 questions, then you probably need to look at your dietary needs.

Action Step - What change(s) can you make?

- Start a food journal and note when and why you eat (note your cravings)
- What is one food change I can decrease or eliminate?



Movement and Stress Management

If you have a lot of negative thoughts about what you're NOT doing, how about making some positive changes?

It takes time, thoughtful planning and commitment to manage your stress and find a peace.

Here is a short list to help you to identify some of the imbalances in your life.

1. Do I know when to stop working?
2. Do I exercise, or try to be active at least 2 hours a day by participating in activities like walking, yoga, weight training, running, etc.?
3. How do you handle stress? Do you practice any of these stress-relieving techniques including breathing management, mediating, reading, exercising, taking time-out, etc.
4. How do you define "me" time?
Do you engage with friends and family
Do you zone out by watching TV?

Action Step – What changes can I make today to help me feel positive and energized?

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Conclusion

Being healthy takes work!

It takes many tools to achieve good health. I hope these questions have helped you to become aware of your habits. Remember, changes are comprised of tiny baby steps. Recognizing your current health patterns is the first step towards becoming a healthier individual.

I wish you good health, peace, and joy.

The Healing Place is a wellness educational center located in Medfield, MA US. We specialize in helping clients find long- term relief from chronic digestive problems, chronic pain and we help to balance hormones naturally.

If you need help to achieve your health goals, please feel free to schedule a FREE consultation with the Healing Place by either calling 508-359-6463 or scheduling a consultation online at www.healingplacemedfield.com

**Healing Place, LLC 50 North Street, Medfield, MA 02052 US (508) 359-6463
www.healingplacemedfield.com wellness@healingplacemedfield.com
<http://facebook.com/healingplacemedfield>
<http://twitter.com/healingplacemed>**